

Off Campus Mental Health Services

When you call the numbers listed below, you are likely to reach an answering service or a phone machine. Be prepared to leave a phone number and a time(s) when you can be reached. Be sure to inquire about the fee during your initial phone contact.

PSYCHIATRISTS & PSYCHIATRIC NURSE PRACTITIONERS

Behavioral Healthcare of New York - Brian Pak, MD & Abdel Hamid, MD

465 Broadway, Kingston, NY 12401
Phone: 845-340-0244 Fax: 845-0141

*Insurance: accepts most insurance (call to confirm).
Does not accept patients under the age of 23.*

Mitchell Cabisudo, MD

3125 Route 9W, Suite 204, New Windsor, NY 12553
Phone: 914-502-3998 ext. 5
Webpage: https://psychiatrists.psychologytoday.com/rms/name/Mitchell_Cabisudo_MD_New+Windsor_New+York_112706

Center of Health - Catherine Lala, NPP & Victor McGregor, PHD, NPP

25 Ulster Ave., Saugerties, NY 12477
Phone: 845-246-3642 Fax: 845-246-1612

*Insurance: accepts most insurance
Co-pay: Depends on insurance*

Leland De Evoli, DO

2 Summit Court, Suite 202, Fishkill, NY 12524
Phone: 845-897-0009

Niles Drake, MD

330 W. 58th Street, Suite 603, New York, NY 10019
Phone: 646-820-9170 Fax: 646-360-1997

www.nilesdrakenycpsychiatrist.com

No insurance accepted,

Julia Eilenberg, MD

22 Garden St., Suite 4, Rhinebeck, NY 12572
Phone: 845-876-7822 Fax: 845-876-8850

www.juliaeilenberg.com

No insurance accepted,

Patricia L. Gerbarg, MD

191 Wall St., Kingston, NY 12401
Phone: 845-331-8881 Fax: 845-331-3562

Insurance: accepts Bard insurance, MVP

Riverview Center - Randy Pardell, MD & Terry Coonrad-Hershkowitz, NP-P

370 Violet Ave., Poughkeepsie, NY 12601

Phone: 845-471-1807 www.riverviewpsychiatric.com/our-staff/

Takes insurance

Ron Goldman, MD

23 H E. Market St., Rhinebeck, NY

Phone: 845-876-1177

Payment in full at time of visit

Terri A. Coonrad Hershkowitz, NP-P

370 Violet Avenue, Poughkeepsie, NY 120601-1034

Phone: 845-471-1815

Oren Kalus, MD

185 Fair St., Kingston, NY 12572

Phone: 845-339-7370 www.okalus@aol.com

Fee: sliding scale

Linda Mainetti, NP-P

144 Pine Street, Suite 220, Kingston, NY 12401

Phone: 845-331-2977

Northern Psychiatric Services – Paul Shefflein, MD

11 Marshall Rd., Wappinger Falls, NY 12590-4132

Telephone: 845-298-4350

Keith Pearlman, MD

New York, NY

Phone: 212-956-2014

Accepts many insurance plans.

Raymond Read, MD

New York, NY

Phone: 212-203-1773

No insurance accepted

Nalaini Sriskandarajah, MD

201 South Avenue, Poughkeepsie, NY 12601

Phone: 845-452-3500

Speciality: Adolescence

James Standefer, MD

5 Old Farm Road, Suite C2, Red Hook, New York 12571

Phone: 845-443-3699 oldfarmroad.wordpress.com

Only addiction & Suboxone treatment

Laura Van De Laar, Psychiatric Nurse, MSN, RN, NP-P

34 North Plank Road, Suite R-2, Newburgh, NY 12550

Phone: 845-562-0168

Theresa Yonker, MD

7472 South Broadway, Red Hook, NY 12571

Phone: 845-758-9694 Fax: 845-758-9694

Insurance: No insurance accepted - \$300 an hour

MENTAL HEALTH THERAPISTS

Nancy Abrams, PhD

15 Pine Grove St., Woodstock, NY 12498
Phone: 845-679-5672 Fax: 845-679-0495

*Insurance: Will not accept managed care, accepts Pomco. Co-pay: depends on insurance.
Hours: Wednesday & Thursday 11am – 8pm*

Megan Barbera, LCSW-R

6423 Montgomery St, Suite 16B, Rhinebeck, NY 12572
Phone: 845-233-1409 Fax: 845-698-0387 www.meganbarbera.com

*Insurance: Bard insurance, United Behavioral Health, BCBS PPO. Hours: by appointment.
Specialty: anxiety, panic, trauma/PTSD, depression, mindfulness-based stress reduction, relationship issues, body image issues, adjustment challenges, creativity and self expression, women's integrative health.*

Therese Bimka, MA, LCSW

304 Wall St., Kingston New York 12401
500 Stony Kill Road, Accord, New York 12404
40 8th Avenue Brooklyn, N.Y. 11217
Phone: 718-622-5220 Email: Tbim1@aol.com

Specialty: Finding purpose and passion, individuation and separation; working with family issues; setting healthy boundaries, fostering creativity, and managing challenging emotions. Help with issues related to dating and family - like co-dependency, anxiety/ depression, trauma, adoption; issues related to spirituality - mindfulness, mind/body connection.

Laura Bresler Ph.D.

7503 N. Broadway, 2nd floor, Red Hook, NY12571
Phone: 845-514-4626

*Insurance: Bard Insurance, CDPHP, Out-of-Network Provider: Aetna, BCBS, Cigna
Specialty: depression, anxiety, trauma, family/relationship issues, sexual abuse, self injury*

Heather Bergen, LCSW-R

243 Fair Street
Kingston, NY 12401
Phone: 845-220-8602 email: hbergen@frontiernet.net

Fee: \$100/hour

Insurance: Out of network provider

Specialty: anxiety, depression, trauma, women's issues, mindfulness practices, CBT, DBT, dreamwork.

Catskill Family Institute - Steve Dagirmanjian, PhD, Joseph Eron, PhD & Thomas Lund, PsyD

112 N Front St., Kingston, NY 12401
Phone: 845-338-5450 Fax: 845-338-0949

Insurance: accepts Pomco

Areas of Specialty: adults, couples

Barbara Cernak, LCSWR

42-2 West Market St., Red Hook, NY 12571

Phone: 845-757-5775 Email: bcernak@frontiernet.net

Insurance – Bard (w/co-pay). Hours: flexible

Specialty: Life coaching, performance anxiety, creative blocks, anxiety, depression, family/relationship issues, grief/loss, adjustment/life transitions

Maverick Family Counseling - Barbara Rissman, LCSW-R, Thayer Case, LCSW-R, Aimee Gallin, LCSW-R, Lara Edwards, LCSW-R, Heidi Duch, LCSW-R, Geri Garfinkle, LCSW-R & Gabrielle Kleinmann, LCSW-R

404 Zena Road, Woodstock, NY 12498

90 Main St., Phoenicia, NY 12464

34 Church St., Margaretville, NY 12455

Phone Number: 845-679-8650 www.maverickfamilycounseling.com

Noelle Damon, LCSWR, DAAETS

44 Main Street

Kingston, NY 12401

Phone: 845-331-2552 Email: noelledamon@yahoo.com Website: noelledamon.com

Fee: \$90 sliding scale. Insurance: accepts none. Hours: flexible.

Specialty: EMDR (Eye Movement Desensitization and Reprocessing), and other mind-body and restorative meditation practices, to address : traumatic stress, anxiety, stress reduction, and management, regarding traumatic events, injuries, life adjustments, identity, family, grief and loss, and relationship issues.

John Derosalia, CSW

276 Fair St., Kingston, NY 12401

Phone: 845-331-8384 Fax: 845-331-8384

*Fee: \$90 sliding scale to \$65. Insurance: accepts insurance**Emblem Health; co-pay: depends on insurance. Hours: flexible*

Specialty: addictions (specializing in sexual addictions), depression, anxiety

Cindy Dern, LCSW

167 Green St. Kingston, NY 12401

15 Pine Grove St., Woodstock, NY 12498

Phone 845-679-8184

Specialty: Traditional and holistic approaches, anxiety, depression, stress, PTSD, addiction, eating disorders, health concerns, grief, creative blocks and relationship issues

Roxanne Drakos, LCSWR

50 N Parsonage St., Rhinebeck, NY 12572

Phone: 845-876-1984 roxannedrakos@gmail.com

Fee: \$110, sliding scale possible

Specialty: Anxiety, Depression, Adjustment/Transition issues, insight oriented, strengths-based approach.

Stephen C. Fay, CSW-R

23H E. Market St., Rhinebeck, NY 12572
Phone: 845-758-1107 Fax: Same as phone

*Fee: \$100 per hour. Insurance accepted; co-pay: depends on insurance & individual situation.
Hours: Tuesday, Wednesday, Thursday, 8am-5:30pm*

Lynn Gallagher, LMSW

7481 South Broadway, Red Hook, NY 12571
Phone: 845-758-2080 x2

Fee: \$100 (sliding scale fee as needed)

Francine Glasser, LCSW

291 Wall St., Suite 2A, Kingston, NY 12401
Phone: 845-518-4560

*Fee: \$80-\$100 per hour (without insurance \$65). Insurance accepted; co-pay: depends on insurance.
Hours: Afternoon & evening hours.
Specialty: Trauma, G & L issues, DBT*

Richard Gordon, PhD

7575 Old Post Rd., Red Hook, NY 12571
Phone: 845-758-5080

*Fee: \$125 per Session. Insurance accepted; co-pay: depends on insurance.
Hours: Thursday & Friday hours
Specialty: Eating disorders, depression & anxiety, family & relationship issues. (Dr. Gordon is a professor of psychology at Bard. He does not see students who he has in classes).*

Allison Gould, LCSW-R

8 Garden St., Rhinebeck, NY 12572
Phone: 845-399-6473

Specialty: Depression, anxiety, trauma, life transitions/adjustments, stress management, family/relationship therapy

Andrea Grunblatt, PhD

275 Fair St., Kingston, NY 12401
Phone: 845-331-3001 Fax: 845-331-3011

Insurance accepted; co-pay: depends on insurance.

John H. Grant, LCSW-R

291 Wall St., Kingston, NY 12401
Phone: 845-339-5572 Fax: 845-339-5572

*Fee: \$100. Insurance accepted; co-pay: depends on insurance.
Hours: Monday through Thursday, 9am – 9pm*

Linda Gutterman, LCSW

24 Buist Road (1 mile from center of Rhinebeck), Rhinebeck, NY 12572

Phone: 917-364-6270 Email: L.gutterman@gmail.com www.rhinebeckpsychotherapy.com

Insurance accepted; co-pay depends on insurance; Bard College student health insurance accepted. Sliding scale available for private pay clients.

Specialty: Gender and sexual identity, anxiety, depression, transitions, relationships and stress management

Debra Heath, LCSW

7484 Broadway 6B R, Red Hook, NY 12571

Phone: 845-758-5717

Insurance not accepted; Fee - \$75.00

Specialty: Depression, anxiety, stress management, family/relationship therapy substance abuse, marital counseling

Mary Hennessy, LMSW

7481 South Broadway, Red Hook, NY

Phone: 917-971-6892

Fee: sliding scale Insurance: none. Will give an itemized bill to submit to insurance.

Specialty: Depression, Trauma, PTSD, Addiction, Anxiety

Hudson Valley Psychology Associates - Lawrence Dresdale, PhD; Mark Hammel, PhD & Michael Schwalberg, PhD

159 Green St., Suite 1, Kingston, NY 12401

Phone: 845-339-2352 Fax: 845-339-2382

Insurance – call to confirm; fee: \$95.

Iz Lind Integrative Wellness Center & Institute - Beth Gershuny, PhD; Franc Francavilla, LCSW; Skip Paynter, LMSW; Stacey Trapani-Barber, LMHC, BCBA

6369 Mill Street (Route 9), Suite 101

Rhinebeck, NY 12572

Phone: 845-516-4713 www.izlind.com

Insurance: Call to inquire

Specialties: Gershuny – stress, anxiety, trauma, medical illness; Francavilla – relationship issues, sexual issues, gender identity issues (including transgender issues); Paynter – depression, self-esteem, LGBTQ; Barber – autism spectrum disorder (including high level ASD formerly known as Asperger's)

Natalie Korniloff, LCSWR

4 Liberty St. New Paltz, NY 12561

Phone: 845-943-0175

Insurance: accepts Magna-Care & Aetna; Fee: Sliding Scale starting at \$75

Specialty: Eating disorders, depression & anxiety, family & relationship issues.

Jennica Laine-Formisano, PsyD

148 Burt Street
Saugerties, NY 12477
Phone: 845-489-3687 email: drjennica@gmail.com

Insurance: No Insurance. Will provide receipts for reimbursement.

Hours: Tuesday evenings, possibly weekends.

Specialty: anxiety, depression, relationship issues, panic, trauma/PTSD, adjustment challenges, queer and transgender concerns (including assessment and letter-writing for hormones and surgery)..

Ruth Levine, LCSW

976 Church Rd., Saugerties, NY 12477
Phone: 845-246-3391

Fee: \$110. Hours: 9am-9pm

Specialty: Women's issues, LGBTQ

Woodstock Therapy Center - Valerie Linet, LCSW

15 Pine Grove St., Woodstock NY 12498
www.hudsonvalleyguild.com/users/Valerie-Linet

Accepts some insurance, out of network benefits; Fee – sliding scale

Specialty: Trauma, anxiety, depression, stress, PTSD, relationship issues, grief/loss, chronic illness, spirituality, creativity. Psychotherapy and mind-body approaches including EMDR; Somatic Experiencing; meditation and mindfulness; eco-therapy.

Glenn Marron, PhD, PLLC (female)

Firehouse Plaza, 7472 S. Broadway, Suite 5A, Red Hook, NY 12571
Phone: 917-608-8482 Email: glenmarronphd@gmail.com www.glenmarron.com

Insurance: Accepts some insurance plans including the Bard insurance

Hours: day and evening hours and Saturday's Skype and phone sessions as well

Specialties: Cognitive/Behavioral psychotherapy for Depression, Anxiety & Panic, Intimacy & Relationships, Motivational Problems, OCD, Impulsivity, LGBT Issues, Eating Disorders, Relationships Sexuality, Substance and Alcohol Use, etc.

Speaks Spanish

Virginia Miller, LCSW-R

7481 South Broadway, Red Hook, NY 12571
Phone: 845-758-2080 x1

Insurance not accepted: Fee is \$90 for 1 hour

Specialty: Counseling & Psychotherapy, grief, loss, depression, anxiety, panic disorders. Accepts clients of all ages; individual, family & couples.

Rosie Maud McLaughlin, LMHC

8 Garden St., Rhinebeck, NY 12572
Phone 917-817-6838

Insurance accepted: CDPHP, Hudson Health Plan, Blue Cross/Blue Shield.

Specialties: Family conflict, children and adolescents, anxiety, chronic illness.

John Mondello, MS, LMHC

87 East Market Street, Suite 201, Red Hook, NY 12571

Phone: 845-752-3377 Fax: 855-320-8193 Email: johnmondello@counselingforanxiety.com

www.counselingforanxiety.com

Fee: \$85.00; Insurance: Accepts insurance, accepts Bard insurance (Emblem Health). Hours: Monday through Friday, 10:00am – 6:00pm, Saturday 10:00am – 12:00pm

Specialty: Anxiety, Panic, Depression, Adjustments or Transitions.

John Nathan, LCSW-R

6402 Montgomery St., Rhinebeck, NY 12572

Phone: 917-518-3849 Email: jnathan4@mac.com (You may email him to set up an appointment)

Specialty: Anxiety, Panic, Depression, Adjustments, Grief/Loss, Family Issues, Relationships/Couples, Substance Abuse, Stress Management

Pam Neimeth, LMSW

26 East Market St., Rhinebeck, NY 12572

Phone: 845-758-5266

Fee: \$85; Insurance: accepts Bard Insurance; Co-pay: depends on insurance. Hours: Monday – Friday, day hours.

Specialty: Somatically oriented work, guided imagery, sexual abuse survivors.

Jamie O'Neil, LCSW-R

30 East Market St., Rhinebeck, NY 12572

Phone: 845-876-7600 Fax: 845-876-7600

Fee: sliding scale fee, based on need; Insurance: Out of network provider/ Bard Insurance. Hours: flexible

Specialty: Depression, anxiety, trauma/PTSD, Borderline Personality Disorder, eating disorders, sexual abuse, addictions, relationship issues; Trained in Dialectical Behavior Therapy and eye movement desensitization and reprocessing (EMDR)

Elijah Nella, LMFT, MFTA

22 Garden Street, Suite 4

Rhinebeck, NY 12572

Phone: 845-481-0036 Email: hello@elijahnella.com www.elijahnella.com

Fee: \$110 Sliding scale may be available.

Specialty: transitions, anxiety, relationship conflicts, addictions, artists, LGBTQIQ, narrative therapy, trans & queer related subjects, re-authoring

Susan Manly Pelosi, LCSW-R

7472 Broadway, Suite 5A, Red Hook, NY 12571

Phone: 646-236-3077 Email: susan.manly@gmail.com www.susanpelosi.com.

Fee: \$120: Sliding scale available. Hours: Mondays & Tuesdays

Specialty: Mindfulness based approaches to depression, anxiety, LGBT issues, transitions, trauma, grief & loss

Positive Shift Therapy - Sarah Rosenthal, LCSW/PLLC & Sarah Jamison, LMSW

54 Elizabeth Street, Suite 11

Red Hook, NY 12571

Phone: 845-235-4102 Email: sarah@sarahrosenthaltherapy.com; sjamisontherapy@gmail.com
Website: www.sarahrosenthaltherapy.com

*Rosenthal -Fee: \$100/hour, Insurance: Out of Network Provider, Hours: by appointment
Specialties: trauma, anxiety, family/relationship issues, sexual abuse, gender and sexual identity*

Jamison – Fee Sliding Scale \$65-85, Insurance: none

Specialities: Gender identity and sexuality, anxiety, trauma, adjustment challenges, body image issues, mindfulness practices.

Rhinebeck Center for Progressive Therapy - Alexandria Geiger, LCSWR, Mary Taylor, LCSW & Elsa Fitzmaurice, LMSW, MS

8 Garden St., Rhinebeck, NY 12572

Phone: 845-876-1100 Fax: 845-876-1378

*Fee: \$100: Insurance: accepts insurance; co-pay: depends on insurance. Hours: Monday & Wednesday
10am- 8:30pm*

Specialty: Creatively gifted individuals, career counseling, using EMDR tools with clients who have trauma and PTSD, compassionate communication

Roni Schnadow, M.S., R.N., LMFT

6402 Montgomery St., Rhinebeck, NY 12572

Phone: 845-876-5434 Email: ronis360@gmail.com

Specialty: Relationship and Family, separation, adjustment and individuation challenges, anxiety and depression, life transitions, loss and grief.

Meg F. Schneider, MA, LCSW-R

7582 North Broadway, Ste. 2

Red Hook, NY 12571

Phone: 845-876-8808 914-548-1437 Website: www.megfschneiderlcsw.com

Fee: \$110 (sliding scale possible). Accepts Bard Insurance & most Blue Cross/Blue Shield plans

Specialty: Depression anxiety, relationships, eating concerns, transitions trauma, PTSD, Asperger's and grief

Michael D. Schwalberg, Ph.D. (Hudson Valley Psychology Associates, PLLC)

Kingston, Manhattan, and New City, NY

Phone: 845-339-2352 Fax: 845-339-2382 Email: mikesch@optonline.net www.beatpanic.com

Fee: Initial Consult: Kingston - \$140, New City - \$160, Manhattan - \$325; ongoing; Kingston - \$110, New City - \$140, Manhattan - \$300

Specialty: Anxiety and related disorders, and agoraphobia. Offers telephone and internet-based services.

David C. Shiffman, PhD

163 Old Post Rd., Rhinebeck, NY 12572

Phone: 845-876-4524 Fax: 845-876-5474

*Fee: depends on insurance, self-pay \$80; Insurance: accepts insurance; co-pay: depends on insurance.
Hours: Call for an appointment*

Daniel A Siegel, LCSW, CASAC

44 Main St., Kingston, NY 12401

Phone: 845-340-0881 Fax: 845-517-1713

Fee: \$90: Insurance: accepts insurance; co-pay: depends on insurance. Hours: Monday through Friday, 9:30am – 7:30pm
Specialty: ETOH/ Substance abuse, general practice

Steven C. Siegel, LCSW, CASAC

19 East Market St., Red Hook, NY 12571

Phone: 845-233-0705

Fee: \$40 (sliding scale); Insurance - accepts Bard College insurance.

Specialty: Substance Abuse, Depression, Anxiety

Sandy Sklar, LCSW-R

58 East Market St., Rhinebeck, NY 12572

Phone: 845-876-1176

Insurance: accepts insurance, co-pay depends on insurance. Hours: call for appointment.

Specialty: Grief & loss, transitions, anxiety

Barbara Soloman, MSW, CSW

288 West Market St. / Route 199 near 9G, Red Hook, NY 12571

Phone: 845-758-6800 Fax: 845-758-6801

Fee: \$65- \$95; Insurance: accepts most insurance, including Pomco; co-pay: depends on insurance plan.

Hours: 8:30am – 7:00pm

Julie Staber, LCSWR

1260 Route 28, West Hurley NY 12491

Phone: 845-679-7500 Email: jstaberlcsw@yahoo.com

Insurance accepted: CDPHP; MVP; Empire Plan; Blue Cross Blue Shield; Wellcare (Harmony Behav. Health) Aetna; United Behav. Health; National Health Administrators; GHI.

Specialty: adolescents, young adults, adults. Transitions, student adjustments, social issues family and relationship issues, LGBTQ, stress management, anxiety, depression, substance abuse

Alix Sugarman, MPS, LCAT, ATR-BC

Holistic Art Therapy & Counseling Services

417 Feller Newmark Road

Red Hook, NY 12571

Phone: 914-873-0355 Email: alixsugarmanmpslcat@gmail.com

Website: <http://www.sugarmantherapy.com/>

Insurance accepted: Cigna PPO

Hours: by appointment

Specialty: depression, anxiety, career indecision, professional identity, panic, trauma/PTSD, relationship issues, family, interventions with art making activities.

Kevin White, LCSWR

307 Wall Street, 3rd Floor, Kingston, NY 12401

Phone: 845-430-8646

Insurance accepted: Bard & others

Specialty: depression, anxiety, family work, relationships, performance, adjustment issues, grief

Juliet Wolff, LCSW-R

7582 N. Broadway, Suite 202, Red Hook, NY 12571

Phone: 845-853-3976 Email: juliet@julietwolfftherapy.com

Website: julietwolfftherapy.com

*Fees: sliding scale. Insurance accepted: Bard, BC/BS,
Specialties: adjustment, anxiety, depression, social difficulties, LGBTQ, family/relationship issues,
eating/body image, grief and loss.*

Dr. Victor Zelek

22 Garden St., Rhinebeck, NY 12572

Phone: 845-876-8845 www.victorzelek.com

Fee: \$125-\$150

Provides testing for A.D.D

OTHER HEALTH PROFESSIONALS

Alison George, LCAT, ATR-BC

256 West Market St., Red Hook, NY 12571
Phone: 845-758-8839

Insurance accepted: call for details

Specialty: Art therapy, eating disorders, stress management, depression & anxiety. "I work in a full art studio setting, equipped with a variety of art supplies and modalities."

Rufia Payman, Nutritionist

6511 Springbrook Ave., Rhinebeck, NY 12572
Phone: 845-871-4382 Fax: 845-871-4387

Insurances accepted: Please call. Hours: call for appointment.

Ilyse Simon, RD, CDN Nutrition Therapist

224 Fair St., Kingston, NY 12401
Phone: 845-331-6381

Insurance accepted: please call.

Specializing in eating disorders, insulin resistance & whole foods nutrition

Alexandra Stone, Ph.D P.C

26 Village Green, Suite 9
Bedford, NY 10506
Phone: 914-205-3476 Email: info@alexstonephd.com

Specialty: Neuropsych Testing

TRANSPORTATION

Community Appointment Transportation Services

Bard Student Resource Group provides free transportation for students with off-campus mental health needs. Contact: srgcats@bard.edu for driving availability.

Bard Shuttles

http://blogs.bard.edu/transportation/?page_id=13

Bard College Zip Car

<http://www.zipcar.com/bard>

Horseless Carriage Transportation

33 Lasher Road, Tivoli, NY
Phone: 845-757-2900

Rhinebeck Taxi

6934 Route 9, Rhinebeck, NY
Phone: 845-876-6600

Cash only